

## It Is What It Is

Written by Gayle Nobel  
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"Next step -- accept what is here and now. Accept it completely. It has to be this way, right now, because it is this way.

I'm not talking about the "story" you've built around why things are the way they are right now. Just this moment in time. It is what it is, now."

~~Andrea Beaulieu (Daily Ah Ha)